

Second Station: Jesus carries His cross

Jesus accepts his cross, ready to carry it to his death. The size and weight of that physical cross is minor in comparison to the mental anguish that he and his faithful endured that day. But what about you.

While I don't see you carrying chunks of lumber on your shoulder today, no doubt there are many problems distracting your life. If they truly are more than you can bear please seek help, medically, professionally or spiritually.

For the less serious realize they are your crosses to bare, learn from them. Reflect on what actions of yours caused you to bare these problems. Work to resolve them.

Understand that others have their own crosses to bear so they do not need you adding to that load. Can you live your life without making other people miserable, Jesus bore his cross with out complaint. Can you? But... if you truly need help ...if it is truly ruining your life.... reach out not in self pity.... but in recognition of the burning desire to change your life.

Jesus was willing to carry his cross. While at the Second Station. reflect on your willingness to carry yours!